

ABSTRACT OF THE DISCLOSURE

5 The pressing method includes the first step of displacing a sub-
piston provided within a sub-cylinder from its initial position to press
working fluid such that the working fluid is introduced via a check valve
into a main cylinder to displace a main piston provided therein, and the
second step of causing the sub-piston to return to the initial position such
that the working fluid is supplied to the sub-cylinder. The first and second
steps are repeated successively until the working fluid in the main cylinder
attains a prescribed pressure level. With this method, variation in the way
10 of pressing an object is alleviated, contamination due to the working fluid is
prevented, and downsizing of the pressing mechanism is enabled.